

Self-reflection: Beliefs about family caregivers

Read each question or statement and write a few sentences of reflection for each question.

1.	What are some reasons someone decides to become a caregiver for a family member?
2.	All family caregivers experience a high emotional strain and burden daily. (Provide an example or rationale for your response to this statement.)
3.	From your experience, what are some positive aspects of being a caregiver to a family member? (Think of the perspective of the caregiver and the person receiving care.)
4.	From your perspective, what is the nursing role in relation to family caregivers?